

Potato Soup

Makes: 6 servings

Ingredients

1/2 cup onion (chopped)

1/2 cup celery (chopped)

6 potatoes (diced)

2 tablespoons margarine

1/2 teaspoon salt

1/8 teaspoon pepper

1 cup non-fat dry milk

3 cups water

2 tablespoons flour

Directions

1. Peel and chop the onion.
2. Chop the celery.
3. Peel the potatoes, and cut them into small cubes.
4. Melt the margarine in a large saucepan on low heat.
5. Add the onion and celery. Cook for a few minutes.
6. Add the potatoes, salt, pepper and 1 1/2 cups water.
7. Cook for 15 minutes until the potatoes are tender.
8. In a small bowl, stir together the dry milk and flour.
9. Add 1 1/2 cups water slowly, stirring as you add it.
10. Add the milk mix to the potatoes.
11. Cook until the soup is heated and slightly thickened.
12. Adjust the seasonings.

Source: Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes

Nutrition Information

Nutrients	Amount
Calories	200
Total Fat	1 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	300 mg
Total Carbohydrate	36 g
Dietary Fiber	2 g
Total Sugars	8 g
Added Sugars included	N/A
Protein	8 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available

